

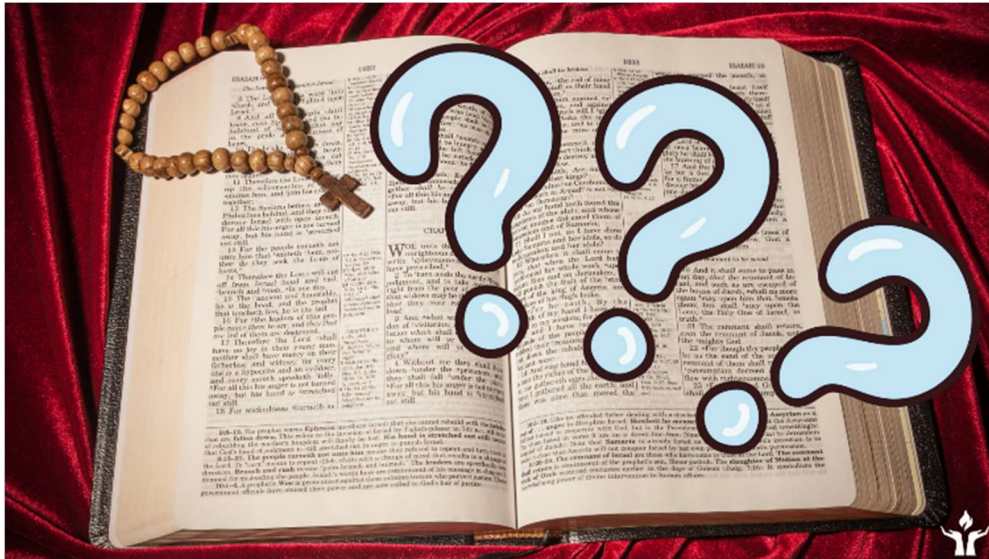
Weekly e-UU Newsletter – Friday, July 12, 2024

We acknowledge that our campus is located on traditional, unsundered and unceded Algonquin Anishinaabeg Territory; and that the work of [reconciliation is a responsibility of our congregation](#), and of all Canadians.

Sunday, July 14, 2024

[Online](#) AND In Person

Starts at 10:30am



Critical Thinking and My Escape from Biblical Inerrancy

With Brian Cowan

Brian Cowan talks about how developing critical thinking skills helped him find his way out of the valley of the shadow of Christian fundamentalism.

Please join us for Coffee Hour following the service. Grab a green mug to let us know it's your first time visiting!

For a list of Summer Service topics, visit: <https://www.firstunitarianottawa.ca/summer-services.html>

Join FirstU's summer pick-up choir. Just arrive at 9:45am to learn the anthem!

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Sunday Service Announcements

If you would like an announcement made during the livestreamed Sunday Service, please email the Board of Directors at boardannouncements@firstunitarianottawa.ca by Friday at 10am. Do allow for time in case there are questions with regard to the announcement. Also note that announcements may need to be edited for length and that time-sensitive announcements may be prioritized.



Children's Religious Exploration

Our Outdoor Summer Program is in full swing! Open to children ages 2-12, we'll meet in the Rainbow Room at 10:30am, then explore our church yard and the nearby NCC land with lots of free play, art projects, and activities focused on nature.

Caring Contacts for July

[Janet Clayton](#) - 613-733-9566

Nonna Mackenzie - 613-596-1054 (phone only)

We are all interconnected, interdependent and minister to each other in many ways. Our monthly Caring Contacts take your phone calls and emails when you wish to alert us to a need or a concern or have a joy to celebrate. We try to ensure no one is forgotten and that appropriate help is provided when requested.

Algonquin Word of the Week

We all know that Ajashki means "Soil" in Algonquin, that Kitigan Zibi means "Garden River", and "Gichi Zibi" means "Great River". Let's learn some more words in Algonquin language. **This week's Algonquin Word of the Week is:**

Bangibiisaa

Bangibiisaa means "it's pouring rain". A good word for the past few days!



Housing Affordability Circle

FirstU is going to co-own a 16-story apartment building on our campus. We're committed to ensuring there are funds to subsidize some units for low-income individuals and families. Join Lisa Sharp and the Justice Equality Action Group in creating a concrete action plan for making this a reality. If you'd like to help, please [contact Lisa S.](#)

Chuck Shields, Volunteer Coordinator - volunteers@firstunitarianottawa.ca

Read All About It



Save the Date! Fall Fair 2024 is Saturday, November 16

[Fall Fair](#) is FirstU's biggest FUNdraising event! Mark your calendars and tell your friends about this year's Fall Fair on Saturday November 16, from 9:30am to 2:00pm. Be sure to start saving items to donate to the Fair. Find a list of desired items [HERE](#).



FirstU needs a Dehumidifier for the Lower Level

If you have one kicking around we would be delighted to have it! Contact Dee at leadcustodian@firstunitarianottawa.ca if you have one to offer. Thanks in advance!



Campus Redevelopment Plan Available for Comment

The Campus Redevelopment zoning submission has been deemed complete by city staff and will go to the Planning Committee on August 28th, to be voted on for approval before going to council.

The committee is soliciting comments by July 25 from the public about the project. These can be submitted online [here: Development Applications Search](#). Note: Theia Partners is listed as the owner because they are the ones who prepared and submitted the zoning application. Questions? Contact president@firstunitarianottawa.ca.



FirstU Food Sharing

Our food cupboard welcomes home grown veggies and fruits. If you can share some of your bounty, please drop it off in the refrigerator in the Grow Tower room. We also accept home baked goods to go into the freezer in individual servings.



Team, Group, and Committee Budgets

It's budget time again, if you run a team, group or committee please expect an email from the office with a budget request form attached. If you haven't received one by Friday, July 5, you can call the office, contact oas@firstunitarianottawa.ca, or pick one up in the church office. **They are due back to Michelle on Thursday, August 1, 2024.** Questions? Contact email fm@firstunitarianottawa.ca



Seeking Legal Personhood for Tenagadino Zibi (Gatineau River)

On June 23, Lindsey Barr, founder of [World Changing Kids](#), spoke about seeking the legal personhood of Tenagadino Zibi. [Visit the Climate Action page](#) for ways to support this initiative and to read our Good News items for July!

Out with the Old, In with the New

We are getting a new mural in the west stairwell. Although the current design has long been beloved, it's time to freshen up the space! Our own Susan McEwen has designed and will create the new mural. Look for the completed artwork in the next couple of weeks! Here is the old mural. This photo will be kept in our archives so it can't be forgotten.



Upcoming Events

Summer Pick-Up Choir - Sunday, July 14 - 9:45am

Summer “drop-in” Choir runs every Sunday in July at 9:45am. Just show up at 9:45am on Sunday morning, and learn an anthem to be sung in the service that day. No singing experience necessary!



Drop-In Taoist Tai Chi - Tuesday, July 16 - 1:00pm in Fellowship Hall - Led by Friends of Taoist Tai Chi, Ottawa

Tai Chi is a series of gentle movements that improves circulation, strengthens the bones, and develops good balance. We welcome anyone to participate, beginners included. Each session is led by experienced instructors.



Drop-In Art Morning - Wednesday, July 17 - 9:00am - Room 3

Adults! Join us for three hours of creating and conversation! Drop in with your art supplies and pursuits. **Please no oil paints.** There is no storage so projects must go back home with you. No charge, free will offering basket will be available.



Knitters Group - Wednesday, July 17 - 1:00pm - Room 3

Knitters and crocheters of any skill-level are welcome. Using donated yarn, we make a variety of goods to sell at Fall Fair, Mitten Tree, and other events in support of the church, and to donate to special community projects.



Online Meditation Group - Wednesday, July 17 - 7:00pm on Zoom

Join us on Wednesday evenings for online meditation plus readings from teachers like Thich Nhat Hanh.



Mah Jongg - Monday, July 22 - 10:00am - Room 3

We will play American Mah Jongg with 3-4 people per table on the third Monday of every month. We are currently using the 2023 game card. Please bring your card. If you can bring a game, please [let Barb know when you RSVP.](#)



Visit our calendar for more upcoming events: <https://www.firstunitarianottawa.ca/calendar.html>

News from Our Friends

Ottawa Public Library Presents: Nurturing Mental Wellness and Resiliency - Wednesdays in July – Online - FREE

Presented for Seniors' Month: Useful tools and ideas will be shared to help create tangible and concrete plans to support mental wellness. Registration required. Visit the Ottawa Public Library website for details.



Get the eUU in your inbox: <https://www.firstunitarianottawa.ca/communications.html>